

Cornish Game Hens with Spinach Sauce (Galletto con Salsa di Spinaci)

"(Galletto con Salsa di Spinaci) OOOOOOOOOOOOOOh, is this yummy! It is a nice change from a plain baked chicken breast and is easy to make in quantities for a dinner party. I have made this with both Cornish Game Hens and with Bone-in, Skin-on Chicken breasts* and it turns out fabulous either way! Mangia!"

Ingredients

4 (1 lb) Cornish hens (bone in, skin on split breast about 6 large) or 4 lbs chicken breasts (bone in, skin on split breast about 6 large)

1 cup olive oil

1 tablespoon crushed red pepper flakes

2 tablespoons rosemary, chopped fresh

1 tablespoon oregano, dried

salt

SPINACH SAUCE

1 quart heavy cream

4 ounces garlic cloves, sliced

1lb spinach, frozen (drained well and chopped)

2 teaspoons salt

2 teaspoons pepper

2 ounces butter

Method

To prepare the hens, split open the back of each Cornish game hen with a sharp knife or poultry shears.

Remove giblets, rinse under cold water and pat dry with a paper towel.

Flatten leaving hens in one piece.

Place olive oil, crushed red pepper, rosemary, oregano and salt in a large bowl and mix well.

Add hens to the mixture and marinate for approximately 2 hours, turning the hens from time to time.

Preheat oven to 350 degrees.

Place the hens on a large sheet pan, skin side down. Spoon some of the marinade over the hens. Bake for approximately 45 minutes, turn the hens skin side up and continue baking for another 30 minutes, or until the meat is done and skin is golden brown and crisp. (When using chicken breasts I usually cook at 375 degrees for 25 minutes skin side down, and 20 minutes skin side up until thermometer reaches 175 degrees in the biggest piece).

Remove the hens from the oven, place on serving dishes and top with Spinach Sauce.

To prepare Spinach Sauce bring the cream to a simmer in a small saucepan over medium-low heat.

Add the garlic.

Cook until the cream is reduced by half.

Add the spinach, salt and pepper, and heat through, cooking for approximately 5 minutes.

Remove sauce from heat and add butter.

Mix well until the sauce has thickened. If you prefer a smoother sauce, puree in a blender or food processor.

**Try draining the frozen spinach in a salad spinner. It works fabulously!

